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SATURDAY 21 JANUARY 2017



# GREATER DALLAS ORGANIC GARDEN CLUB

## President's note

Hello everyone.

2016 just seemed to fly by, and here we are in January again only it is now 2017. Texas cool winter days remind us that it is still winter-but our warm days get us revved up to plant, plant, plant. So follow that planting bliss by starting all those seeds exchanged last October. Keep the ones you want to plant and nurture the extras for our annual Plant Sale fundraiser. April will be here before we know it. That first freeze with heavy winds penetrated my floating row covers and I lost a lot of plants, so I will be a big shopper at the sale. You can also divide your roots now to make multiple plants and root any cuttings now too. (Before the freeze I placed several milkweed tips in water & they have rooted...who knew!)

We are working on our speaker line-up for this year and there seems to be an interest in fruit trees/shrubs care, pruning exact how-to. If anyone has seen a good speaker on this topic please write the name and their contact info on a piece of paper and give to Debbie at the meeting. And if you ever see a great garden related



## Houseplants are Not Clutter

Clutter control is the hot topic of the new year. It seems no blog or magazine is without advice. Amazingly, some of the advice involves buying lots of new stuff to control the old stuff causing trouble. Analysis of this is badly needed, but we haven't the time. Not now. Not when house plants, living things, have been put, by some, in the category of clutter.

Now what is meant by clutter? The logical thinking might be that clutter is what gets in the way of the enjoyment of our surroundings. Clutter would be things that are not pulling their weight. Things that take up space but are neither useful nor beautiful. Things that crowd out what we treasure.

That couldn't define indoor plants. First, they are useful. Plants of course use carbon dioxide and give off oxygen—that has to be helpful. Plants really do help in

speaker please do the name, contact info and topic on paper to Debbie.

The GDOGC has so much fun stuff planned for this year you want to make sure you renew your membership so you don't miss out on anything!

See you Sunday!

Debbie Brooks, co-president

Greater Dallas Organic Garden Club

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## Great Links

Get your winter vegetable garden going: [The Winter Vegetable Garden in Warm Climates \(National Gardening Association\)](#)

From Chrissy Cortez-Mathis' talk *Plants that Love to Grow Here*.

<http://www.gdogc.org/informationarticles/organic-gardening/719-chrissy-s-handout-august-meeting-2016.html>

## Upcoming Events

### January meeting

Sunday, January 22<sup>nd</sup> 2017

2:30 social time, 3pm meeting

Speaker: **Gardening on a Shoestring: Confessions of a Frugal Gardener** will be presented by **Fran Powell**, Dallas County Master Gardener. Fran comes from a family of English gardeners. Her mother instilled in her children a love of the

removing multiple toxins from indoor air. Indoor air needs this. In yet another example of the unfairness of life, the more that has been invested in insulation and windows, the more likely toxins are to be building up in the air. So, plants are good for physical health. Breathing cleaner air has to be a benefit. Mental health can suffer too when things outside are looking far too beige and grey. Tending indoor plants can be a quick, and effective, therapy session.

Plants appreciate the attention paid to them. It doesn't take much time or effort to clean a few leaves. Clean leaves are more beautiful and also more effective at removing those toxins. Take the time to check the soil before watering. This one simple thing can avoid many problems, some of which are far from simple. Small amounts of time and effort lead to happy discoveries. New begonia leaves are tiny works of art and the sight of an emerging bloom spike on an orchid has to brighten any mood.

All of these benefits sound expensive. They aren't!! Friends and family may be glad to share plants—for free. Clubs and organizations have sales and often offer interesting plants at bargain prices. So plants aren't clutter and they aren't a luxury. They bring nature to our homes every day—and nature is needed —every day.

Submitted by Susan Thornbury

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## Seed Starting 101

The GDOGC annual plant sale is just around the corner in April! That means it is time to start your seedlings or at least get

mysteries of life in the garden, from planting seeds, watching their growth and enjoying and harvesting the results. Fran's eldest sister became the best of the gardeners and supplies her home with all the vegetables and fruit they need, as well as a plethora of flowers.

## **2017 GODGC Board of Directors:**

### **Co-Presidents**

Debbie Brooks and Paula Barber

### **Treasurer**

Cynthia Armstrong

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Mike DeGroot

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### **Web Goddess**

Jacki Brewer

planning. The larger the seedlings at the sale, the more money they will bring and the their chances of surviving transplantation are greater for the customer. It's also time to propagate by other methods so the plant can get a good root system developed.

Here are some links

<http://www.themarthablog.com/2016/03/starting-from-seed.html>

<http://www.burpee.com/gardenadvicecenter/areas-of-interest/seed-starting/seed-starting-basics/article10018.html>

<http://www.rodalorganiclife.com/garden/starting-seeds>



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## **What's in your garden?**

Snap a photo of something cool in your garden and we will include it in the next newsletter.

## Public Relations

Nancy Lovett

## Scrapbook Coordinators

Barbara Stockard

Gyorgyi Szbenksi

## Greeter

Shelby Collier

## Recipe:

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## Recipes

### Butternut Squash and Farro bake

#### Ingredients

- 2 spray(s) cooking spray
- 3 cup(s) uncooked farro
- 1 pinch table salt, or to taste (for cooking farro)
- 1 Tbsp olive oil
- 1 1/2 pound(s) uncooked butternut squash, peeled, and cut into 1/2-inch dice
- 2 cup(s) uncooked shallot(s), thinly sliced



Multnomah Falls, Oregon.

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## GDOGC out and about

### TOFGA SEED SWAP

Our first table event of the year was at the annual [Texas Organic Farmers and Gardeners Association](#) conference held in Mesquite January 12-14th, 2017.

This year the GDOGC was invited to co-sponsor the 2nd Annual Seed Swap along with [High Mowing Seeds](#) and [Edens Organic Garden Center and CSA Farm.](#)

2 cup(s) sweet red pepper(s),  
 diced  
 2 Tbsp minced garlic, or to taste  
 5 Tbsp fresh sage, chopped,  
 divided  
 1/2 tsp cayenne pepper  
 10 oz fresh spinach, baby  
 leaves (I used rainbow chard)  
 1/2 cup(s) reduced-sodium  
 chicken broth, warmed  
 1 Tbsp lemon zest, grated  
 1/4 cup(s) fresh lemon juice  
 1 tsp kosher salt  
 1/2 tsp black pepper, freshly  
 ground  
 3 oz Gruyère cheese, shredded  
 (about 1 cup)  
 1 cup(s) chopped walnuts,  
 toasted (I used pecans)  
 1/2 cup(s) grated Pecorino  
 Romano cheese

Preheat oven to 375°F. Coat a 13- X 9-inch baking dish with cooking spray.

Cook farro in salted water according to package directions; drain any liquid not absorbed (you should have about 6 to 6 1/2 cups; pearled/semi-pearled farro cooks in 20 to 30 minutes while whole farro cooks in 60 minutes - check your package carefully). Place farro in a large bowl; fluff with a fork.

In a large deep skillet, heat oil over medium heat. Add squash, shallots, red pepper and garlic; cook, stirring frequently, until shallots and pepper are softened, about 5 minutes. Add 3 tablespoons sage and cayenne; cook, stirring frequently, about 3 minutes.



At this event we helped set up for the seed swap, distributed club information and also provided a gift basket of gardening goodies for the TOFGA silent auction. A one year membership to our club was included in the gift basket. Those GDOGC members that volunteered were invited to visit all the vendors that were set up for the conference as well as bid on any of the silent auction items, too. That was a nice, unexpected advantage we were afforded. Before the seed swap began we viewed a short film call [Ladies of the Land](#), a movie that profiles four women who once never thought they'd be in charge of a farm, but today raise cattle, sell goat cheese and harvest organic fruits and vegetables.



Volunteering at table events is an important contribution of time members

Add spinach; cook, stirring frequently, until spinach is wilted, about 2 minutes (since I used chard I cooked it a little longer). Add squash mixture to farro; toss to combine. Stir in broth, lemon zest, lemon juice, salt and pepper; stir in Gruyere and spoon mixture into prepared pan.

In a small bowl, combine walnuts, Pecorino and remaining 2 tablespoons sage; sprinkle evenly over farro mixture. Cover with foil and bake for 15 minutes; uncover and cook until casserole is heated through and top is lightly browned, about 5 minutes more. Yields about 1 heaping packed cup per serving.

From Weight Watchers 2017

This was a terrific one dish vegetarian meal, but would also be great served with grilled meat, chicken or fish. It makes a HUGE amount -AML

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## GDOGC History

Check out the fantastic scrapbook pages created by our history committee-Georgyi, Barbara Stockard and Pat Curry.

Were you there?

<http://www.gdogc.org/history/715-2015-scrapbook-images.html>

can provide to promote our club. It is fun meeting new people and letting them know what our club has to offer. You don't have to be a professional, or long time experienced organic gardener to represent our club at table events, just have enthusiasm for organic gardening and what it's about.

Thank you to Debbie Brooks, Jacki Brewer, Cynthia Armstrong, Nancy Lovett, Marjie Caldwell and Sigrid Ruetti for volunteering at the TOFGA seed swap.



Submitted by Jackie Brewer

Fun upcoming classes:

January 24 - Don't Throw That Orchid Away - Dotty Woodson, orchid enthusiast, will share the secrets of caring for your blooming orchids and coaxing them back into bloom again

January 31 - Backyard Composting - This program teaches the composting process, the different types and methods of composting. Three Shepherd Complete Composters given away as door prizes.

February 18 - Saturday Rose Pruning Clinic - Come out to the Rose Garden and learn how to prune roses. Bring your leather gloves and pruners 10 am - 12 pm

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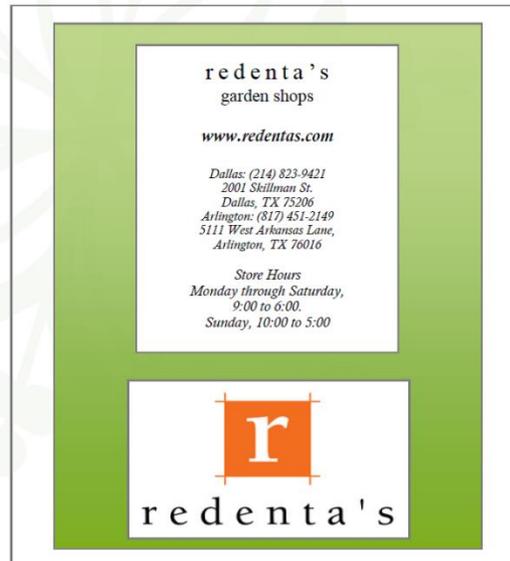
## Editor's note

Contributions to the newsletter are always appreciated! If you have photos of a garden you like or of GDOGC events, recipes, book reviews, fun links, travelogues please send them to [alliml@yahoo.com](mailto:alliml@yahoo.com)

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